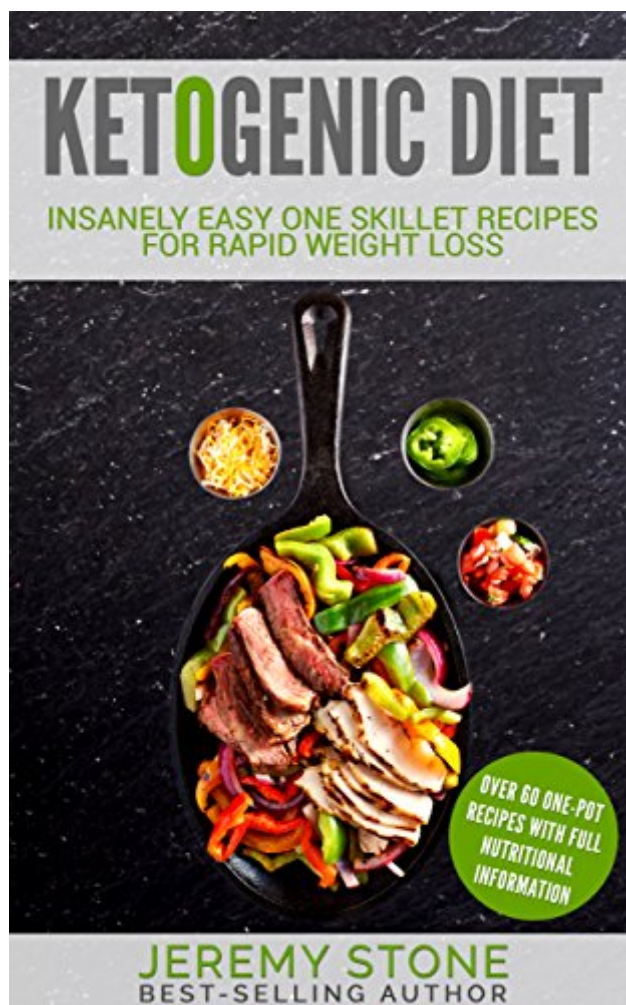


The book was found

Ketogenic Diet: 60 Insanely Quick And Easy Recipes For Beginners



Synopsis

Are you holding back on starting a Ketogenic Diet because you feel you don't have enough time to make it work? Do you want recipes that will take less than 20 minutes to cook and prepare? This book could be the answer you're looking for...Ketogenic Diet: 60 Insanely Quick and Easy Recipes for Beginners PLUS a bonus book: Ketogenic Diet â " How A Nutritious Low Carb Diet Will Burn Fat Fast! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing quick and easy one-skillet recipes that can be made in less time than a Seinfeld episode! With 60 Insanely Quick and Easy Recipes for Beginners, you will get...Detailed Macro and Micro Nutritional Information For Each Recipe Cooking And Preparation Times To Find The Quickest And Easiest Recipes Over 60 Recipes for Breakfast, Lunch, Dinner, and Snacks An Overview of the Ketogenic Diet Benefits Of One Skillet Cooking Most Recipes Take Less Than 20 Minutes to Make Learn How To Make These Delicious Recipes: Cream Cheese Cinnamon Pancakes Italian Frittata Brussels Sprouts Egg Burgers Cajun Grilled Salmon Chicken Gorgonzola with Strawberry Salad Creamy Bacon and Shrimp Almond and Cheese Stuffed Chicken Hamburger Cabbage Stir-Fry Steaks with Horseradish and Roots Vegetable Slaw Tuscan Pork Chops Salmon and Eggplant Curry Chicken with Creamy Dijon Sauce Chocolate Chip Browned Butter Cookie Get started on making healthy recipes today!

Book Information

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Customer Reviews

Way too complicated. For example, the breakfast recipes are for approximately 4 people (as in the recipe calls for 8 eggs). I would like individual recipes that I can make for my breakfast only. And the lunch recipes....who has time to make these elaborate lunches such as seared salmon with avocado aioli? Even the snacks....pork tacos that take 10 min. to prep and then cook for 30 minutes. Unless you have all day to spend in the kitchen and absolutely love to cook, I would not recommend this cookbook. Insanely Quick and Easy is in the title, but I tend to disagree.

Who doesn't love one pan cooking? Prep time for most of the recipes in this cookbook are 10 to 15 minutes. There is an occasional item mentioned I never heard of, exotic type cheese sort of thing, but for the most part I have everything needed already. The nutritional info is always welcomed, saves tons of time not having to look them up for the carb counts. The directions are clear and concise, short and sweet, nothing complicated. Great collection of recipes for anyone doing low carb, Keto, or diabetes eating plans. Jeremy's overview of the Keto way of eating is also included. Don't let the thoughts of "low carb" stop you from getting this one.

Good meal ideas but does not contain any images

Easy to understand and follow. This book was really great in helping me to get started with my Ketogenic Diet. The meal plan provided as well as the recipes and shopping lists are very nice to have.

I am a newbie to the Keto Diet and this cookbook has opened my kitchen to many new ideas! It helped me to clarify some things about dietary methods. Absolutely essentials to my weekly grocery shopping now and hangouts on my counter for inspiration! Great book!

I would not say these recipes are insanely quick and easy, but they are decently doable for the home cook. There are no pictures of the food, except for the cover, and the only pictures are for the author's other books. I found a few recipes that appealed to me and I'll be trying.

I like to see pictures of what I'm going to make. This book doesn't have any.

Such good recipes

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